



5. Nikolauslauf Hofbieber

Hofbieber / 01.12.2019

Detailed evaluation

Breitung, Thomas

Club: SG Dietershausen

Number: 178

Course: 6.12 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 33:10

Speed: 10.85 km/h

Running performance: 5:25 min/km

Rank in course/Total: 25 (of 90)

Rank in course/Men: 21 (of 46)

Best time in course: 23:16

Rank in category: 3(of 7)

Best time in the category: 29:50